

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group

Tinker Air Force Base, Oklahoma

NOVEMBER 2007 Vol. 27, No. 11



ESGR Bosslift participants

See Page 8 for story



507th ARW
Commander's Column
By Col. Jeffery R. Glass

Wing has many involvements

Our annual awards dinner is this UTA. Our input of awards packages has greatly improved over past years with great improvement on the quality of the packages and for that my thanks to all that took the extra time to submit packages. Our decoration process is also improving, I seem to have a steady stream of packages to approve and sign. But we are still behind on this process. We as a wing have numerous individuals with no decorations over the last 10 years and many with no decorations at all. We need to improve this statistic, because this statistic is tied to individuals. For those supervisors that have improved, my thanks, but many still need to give that little bit of effort to pat your individuals back with a decoration.

Our security forces will be mobilizing at the end of this month and we need to support this deployment. They are the wings top priority. If they need your help please use a little more effort in your support, if you are not in the process of getting them out of town and see a security forces troop please offer them a thanks for their service. Kim and my prayers are with all of you for your safe return.

This month we have our first local exercise. We need everyone's help to make the process as real as possible. Each and every one of you needs to show a sense of urgency and safety in everything we do. This exercise is the first of our ongoing plan to make sure we are able to deploy at a moments notice. We are a country at war and can be called on at any time. This is an overall change in the way this wing does it's business, everything we do should be pointed at an eventual deployment. We will no longer wait four years to prepare for an ORI we need to be ready continuously.

Many of you will be traveling this upcoming Thanksgiving weekend. Please be safe in you travels and return safely. We need each and everyone of you.

Wing looks to future training exercises

With the summer ORI behind the wing and the final IG report received, wing officials are taking a long view approach towards maintaining wing readiness.

Preparing for the ORI was tough, officials said. Certainly the wing maintained a strong, proactive approach of supporting real world operational issues but honestly the wing allowed itself to move away from aggressive war skill training exercises as held in years past.

"In spite of the past year's heavy ORE/ORI schedule and mini-training exercises, we still ended up with a less than glowing showing on our ATSO skills. We had quite a few positive areas shine through on our report, but we allowed our ATSO skills to become too rusty," said Maj. Bonnie Tremblett, a lead planner for the ORI.

"What's done is done," Tremblett said. "We don't have time to debate what happened. The training exercises being planned and the deployment exercise set for March is not 'ORI - Part II'. The ORI is over."

Rather than focus on the past, wing planners are shoring up a 2008 training schedule that will focus on helping wing members refine needed skills while re-developing a continuous warrior mindset. "We are focused on maintaining those skills we've learned and to improve the ones we need to improve," Tremblett said.

Last month focused on Task Qualification Training with chemical suit donning and transition point training along with weapons refresher highlights. This month members will participate in a home station ability to survive and operate (ATSO) exercise currently being developed by the exercise eval team. Officials state that all wing members need to carry their AFMAN 10-100 Airman's Manual with them at all times with the exception of PT training.

In January the wing will hold another home station ATSO exercise, a recall exercise, more chemical suit TQT, practice PAR team procedures and UXO identification in addition to proper chemical detection paper procedures.

February's UTA will see more chem. suit TQT and AFMAN and Rules of Engagement testing.

All this activity builds to the March exercise deployment. "We're deploying about 400 wing personnel to Gulfport, Miss, for field ATSO training," Tremblett said. "We're not simulating an overseas deployment, but we will have an exercise scenario for specific ATSO challenges that will gauge wing member response. While no HQ AMC/IG inspectors will be present, senior 4th Air Force representatives will observe the exercise.

"Our goal here is to have 4th AF give us an honest appraisal and validate that the wing is making great strides toward wartime readiness and we will maintain our momentum. We believe we're on the right track; we will continue and we plan on demonstrating that, no matter who is observing," Tremblett said.

"This new training schedule turns the page for our wing. We're starting down a new path that will help us maintain a razor edge we need to maintain to support this battle rhythm," she said.

Chapel Corner

Thanksgiving

**By Wing Chaplain
(Lt. Col.) Mike Jones**

September, October, and November are months that I love (almost as much as the coming of Spring). The summer is over, the weather turns cooler, football season is going full speed, I celebrate lots of family birthdays, and my anniversary. I love to sit outside and just see what God is doing during the Fall changes. Just last night I put on a coat and sat out on my deck and watched the moon and the stars come out.

And of course, Thanksgiving is just around the corner. It is a time to contemplate what's happened during the year and what I'm thankful for. As I reflected, I realized that the 507th has had some hard times this year. We've lost members to death, to retirement or to just moving on. We've also had Wing members who've lost family members and friends too. And then there were those who've been sick or

injured and had to spend time in the hospital, had a serious relationship end, or struggled with other family issues. There was the ORI. And now some of you are facing a deployment. So maybe that is where you are this Thanksgiving and you are thinking, "What is there to be thankful for?" Well my response is an emphatic, "Plenty!"

You see, three years ago this month I came to the 507th for the first time. I was where some of you may be now. I was broken emotionally and didn't see any hope of life getting better. My wife of 24 years had just signed divorce papers so she could be with someone else. I was now a single parent of two teenagers with no full-time job and lots of doubts about what life would bring. In fact, I was a little bit mad at God for even bringing me to the 507th...as if I was going to be able to do anything good for the Wing or for myself. I didn't think I had a lot to be thankful for that Thanksgiving!

But three years later I can look back and see God's hand working in my life. The 507th offered me an opportunity to focus my heart and mind and energy on something greater than myself and my own sorrows. The friends I've made have helped me through the tough times. And I can't even begin to say enough good things about my Chapel staff and how much they supported me all along the way. Now, three years later I am thankful and full of hope.

So don't give up! God is still in control even if it doesn't seem like it. The Apostle Paul once wrote (from prison no less): "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

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All photographs are Air Force photographs unless otherwise indicated. **Copy deadline is NOON on UTA Sunday for the next month's edition. If you need more time, please call us at 734-3078.**

This is your news source. Take it home with you to share with family, friends, and employers.

507th ARW Mission: Man, train, equip, and sustain an Expeditionary Reserve Force in support of DoD peacetime and wartime taskings.

513th ACG Mission: Citizen-airmen extending America's Global Power operating the world's best airborne battle management, warning and control platform.

Quarterly winners selected



Master Sgt. Sharon Lochman
Senior NCO of the Quarter

Sergeant Lochman, assistant chief, Education and Training Office, coordinated 73 upgrade actions, resulting in the award of valuable skill level progression of our members. She monitored training progression of 1,000-plus enlisted personnel and oversaw training programs for 24 organizations.

Lochman managed the deployment control center personnel function, deploying 364 members for the wing readiness exercises.

She managed the AFRC NCO Leadership Development Course which produced 16 graduates ready to lead their sections.

Lochman screened 44 eligible Seasoning Training Program (STP) trainees; processed 26 members in the program which has resulted in \$249,000 to-date. She spearheaded implementation of the STP for non-prior service personnel in 17 units.

Lochman is an avid reader of self-help books in communication and business to increase her knowledge and apply it at work and successfully completed a CLEP test to further her educational goals.



Tech. Sgt. Daniel Bostwick
NCO of the Quarter

Sergeant Bostwick, readiness craftsman, 507th Civil Engineering Squadron, provided Wing commander an accountability tool to track units' CBRNE training, ensured survivability of 1,100-plus force. He brokered for \$15,000 to purchase training JSLIST chemical ensembles for wing Airmen, which improved readiness. He implemented policy that holds units accountable for CBRNE training no-shows; preserving scarce wing resources.

Bostwick was requested by name for the 4th AF EET to evaluate the ATSO portion of another wing's ORE, prepping them for their ORI. He is a wing leader; developed comprehensive ATSO plan, ensuring wing's readiness for next year's exercise.

Off-duty Bostwick attends college full-time. He is enrolled in and actively pursuing completion of the NCO Academy course by correspondence.

Bostwick is a member of local Parent Teacher Organizations, leader in his church and active with community activities.



Senior Airman Dustin Baca
Airman of the Quarter

Airman Baca is a satellite communications journeyman with the 35th CBCS. He provided joint forces support in Iraq, aided in the setup of 20-plus temper tents which housed 200 Army warfighters. Airman Baca activated emergency radio link in OPERATION Iraqi Freedom, regaining control of 39K miles of airspace.

He managed 21 trucks as squadron vehicle control officer; ensuring rapid response for emergency repair of CF4 infrastructure faults.

Baca broadened his experience with an AEF deployment to Kirkuk Air Base, Iraq. He cross-trained on LMR radios/PA system. He also took the initiative to start the Airman Leadership Course; completing two of three volumes during a deployment to Iraq. He is pursuing an Associates Degree in Electronic Systems Technology.

Baca participated in base projects to pick up trash and mow grass. He protected 7,000 personnel as he volunteered during time off for 15 real-world post attack reconnaissance sweeps.

AFRC IWS Alert system delivers alerts

by Tech. Sgt. Paul D. LaFleur
Wing SORTS Manager

In the following weeks we will be attempting to achieve Initial Operations Capability (IOC) with the new AFRC Emergency Management System (IWSAlerts). If you have logged in to your work PC recently you have probably noticed a small purple globe in your taskbar's system tray, this is the AFRC IWSAlerts icon.

The AFRC EMS provides personnel with emergency notifications such as tornado and hurricane warnings, temporary base closures, terrorist actions, evacuations, recalls, etc.

The AFRC EMS will work within the AFRC/507 ARW existing network to deliver alerts to networked personnel and devices, including desktops, laptops, PDAs, cell phones and work/home phones. AFRC will consolidate all forms of alerting through AFRC IWSAlerts, combining a network alerting system (NAS), telephony alerting system (TAS) and mobile text messaging. In the near future, AFRC will also integrate host base Giant Voice public address systems.

All forms of alerting can be triggered through IWSAlerts with a single click of a mouse, thereby accelerating personnel response during emergencies. Using IWSAlerts, AFRC/507 ARW will distribute alerts quickly through the network, dramatically improving the command's ability to get information in the hands of personnel in a timely manner. Please be advised we will still need up to date hard copy/electronic recall rosters for each unit in case of base-wide power failure, network inaccessibility, etc.

In order to achieve IOC status the 507 ARW Command Post must evaluate the functionality of the following alerting methods and scenarios in the following order beginning Thursday 09/13/07 during normal duty hours:

1. Popup capability - Informational messages on user desktops much like the Tinker Messaging System must be evaluated to make sure the client software on the 507 ARW network is functioning correctly.
2. Email notification at work – A message requiring end user response via a .mil address email account
3. Work Phone notification/Work Cell Phone – Automated voice notification via your work phone number
4. Home Phone/email notification/Civilian scenario – Automated voice notification via home phone and email information extracted from MilPDS. Civilians and contractors have the option to Opt-In or Opt-out of receiving emergency notifications via their home/cell phone and home e-mail.

In order to evaluate these alerting methods we need the most current up to date information, please click your purple

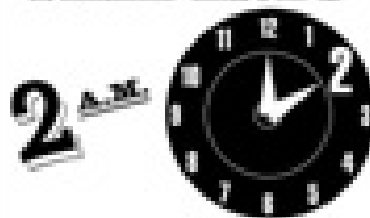
IWSAlerts globe icon and select "Update My Contact Details". Please change all DSN phone numbers to commercial and verify all information obtained from MilPDS is accurate. You can access this feature at any time to verify your information.

The system will be considered Fully Operational Capable (FOC) when all systems are working at optimum. Future notifications on the FOC system will contact personnel in order of precedence for each method of contact. Once you have responded via one of the prescribed alerting methods you will be considered contacted and checked off in the system. This system will not continuously dial after contact has been confirmed.

The IWS Alerts database resides on a secure database server behind the AFRC firewall system at the AFRC Network Control Center at Robins AFB GA. Access to the IWSAlerts program to run official scenarios will be limited to Command Post controllers to ensure that only authorized officials have access. The Wing commander can authorize additional personnel as needed, but each person provided access must be trained in use of the program and a record will be maintained of each scenario that is ran.

As previously stated this will be the primary system for all AFRC unit level alerting. I must reiterate the Command Post will still need up to date hard copy/electronic recall rosters for each unit on the J: drive in case of a base-wide power failure, network inaccessibility, off base power outages, etc.

**DAYLIGHT
SAVINGS
TIME ENDS**



***Don't forget to turn your
clocks back one hour at 2
a.m. on Nov. 4, 2007.***



513th ACG
Chief of Maintenance Column
By Lt. Col. Dale Andrews

Everyone must stay focused

The faint glow from my compass did little to expel the darkness enveloping me. Years ago as a young Lieutenant, I snaked my platoon through a distant valley floor. It was my first “Movement to Contact” exercise and my mind was awash with horrific images of impending doom. An unexpected downpour along with a sudden change to the operations order only heightened my concerns. That dynamic environment coupled with an unfamiliar location ignited a flame of anxiety within me. I was able to smother my anxiety by forcing myself to focus, to focus on the tasks at hand. Now looking back, I realize my time on the valley floor equipped me to deal with change.

Today everyone in our profession must navigate through a chaotic military environment. The way is not clearly marked, DoD transformation is upon us. Ever changing scenarios and directions are a daily occurrence. New processes with alphabet soup names like: eLog21, CAM, Six Sigma, DIMHRS, ECSS, RE21, myBiz, or vMPF are common. Organizations we grew up with and became accus-

tom to have suddenly morphed into mysterious beasts. No longer docile, organizations with new routing symbols have interwoven responsibilities across organizational and functional lines. Sometimes organizations no longer provide required support. Funding, facilities and manpower are limited due to BRAC and budget issues. The continual onslaught from changing scenarios has overwhelmed and the resulting anxiety has paralyzed individuals and organizations. This is where focus comes in.

Focusing on specific tasks strips away nonessential efforts and resulting emotions. With focus daunting processes or objectives shrink as the “elephant” is eaten one bite at a time. Therefore as we undergo transformation in the military, focus on what makes you viable as a war fighter. If you are a young Airman or cross trainee, focus on your AFSC and ancillary training. Don’t worry about the latest Air Force initiative or how the next AEF cycle gets filled. As an NCO, focus on developing your subordinates while deflecting training detractors which inhibit the development of your warriors. NCOs can also focus our Airmen by not joining the chorus of naysayer’s bemoaning the current state of the Air Force. The old adage is true, “You gripe up the chain of command, not down”. If NCOs and officers will follow this wisdom there will be less anxiety within the ranks. For without wood there is no fire.

Officers too must focus. We owe it to our Airmen. An officer’s focus should be on organizing and equipping his subordinates to accomplish their war time tasks. Airmen want leaders who wade through the confusion with a firm goal. Chasing the flavor of the day or jerking the masses after some nebulous metric only confirms an Airmen’s suspicion, no one is in charge. Without focus there is no goal and the people perish.

So how do we respond to the DoD transformation efforts? First don’t lose focus on developing your war time skills. Next expand your expertise into a transformational area and master it. Seek out those who have mastered an area you are deficient in. Take a bite out of the “elephant” and chew it BEFORE swallowing. Repeat the process and involve others. Before long you will have developed a sharp focus, the ability to navigate change and the wherewithal to endure further transformations. Remember, stay focused.



FREE COLLEGE TESTING

Air Force Reserve members, spouses and civilian employees may take DANTES Subject Standardized Tests (DSSTs) or College-Level Examinations Program (CLEP) or Excelsior College Examinations (ECE) FREE! (Military Only for Excelsior examinations). These examinations test college-level knowledge you may have gained through your job, reading, travel, or hobbies. You must test at your Reserve DANTES approved test center. Testing at another DANTES test center will be on a case-by-case basis. The third Tuesday of each month at 0800 has been set aside for testing. You must call us four weeks prior to test date to ensure we will have your test. **For more information contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

FOREIGN LANGUAGE PROFICIENCY PAY (FLPP)

Reservists may apply for FLPP by submitting a written request for FLPP testing to his/her commander. FLPP I requires you to be on a tour of duty that requires the language. FLPP II will pay based on active duty days or IDT periods performed. Spanish and Tagalog speakers are not entitled to FLPP II. If you are proficient at a foreign language and are interested in this program please contact Chief Master Sgt. Charlotte Epps or Master Sgt. Sharon Lochman in the MPF Education Office at 734-7075 for instructions on how to apply for FLPP.

TUITION ASSISTANCE

Reserve members are eligible to apply for TA for Distance Learning and In-Residence courses to further their education up to a Master's Degree.

The basic enrollment requirements are that you must:

Be a participating member in good standing (no UIF, Article 15, etc.).

Retainability: Officers - two years; Enlisted - ETS after course completion.

Enrollment form must show course number/title, credit hours and cost of tuition.

Complete TA forms in our office PRIOR to class start date.

Payment occurs after satisfactory course completion. **You must provide a paid receipt and your grade NLT 60 days after course completion.** TA reimbursement amounts are set at 75 percent (\$4500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps or Ms. Kim Silkwood in the MPF Education and Training Office at 734-7075.**

AFRC NCO LEADERSHIP DEVELOPMENT COURSE

The success of the Air Force Reserve NCO corps depends on their ability to apply leadership and management skills learned primarily in a civilian setting to a military environment. Not all of today's mid-level NCOs have extensive first-hand supervisory experience in a reserve environment; therefore, the instruction in this course is intended to improve the students' military supervisor capabilities and understanding of their positions as related to the USAFR. We focus on individual improvement which is ultimately the real source of organizational excellence and success. **Next class date: Nov. 26 - Dec. 7. See your unit training manager for more information.**

FAMILY CARE

If you need to be on the Family Care Plan, notify your first sergeant ASAP - IAW AFI 36-2908. Single parents and dual military couples with children must have a Family Care Plan completed within 90 days of in-processing or family status change.

VIRTUAL MPF

- 1. Address Changes** - You no longer have to go to 4 different screens/areas to update your address!!!
- 2. Point Summaries** - Point Summaries can also be viewed and printed.
- 3. Record Review RIPS** - You will now be notified via e-mail, on your birthday, to log on to vMPF to review your RIP.
- 4. Awards and decorations** - You can also get a picture display of your awards and decorations.

HOT TOPICS :

All testing (paper and computer) must be scheduled by sending an e-mail to 507.msf.dpmt@tinker.af.mil with the time and date that you would like to test and include the course number.

Paper testing on the UTA is only available at 0750 on Sunday of the main UTA and is in Bldg. 1030 (Hangar) Room 214.

Computer-based testing on the UTA is available on Sunday at 0800 and 1300 in Bldg. 1030 (Hangar) in Room 214.

Please schedule all tests NLT 1500 on Friday before the UTA. If you are unable to keep the scheduled time please e-mail the training office or call 734-7075 prior to scheduled testing time. All testing is also available on Wednesdays at 0800 and 1300 and Thursdays at 1300.

NOTE: If you are retaking a test, you must bring the authorization letter with you or you will not be allowed to test.

EDUCATION REMINDER:

This is just to remind everyone who wishes to update their Education Records, officer and enlisted, that we need OFFICIAL transcripts to send or accomplish any updates. This means that it CANNOT say "ISSUED TO STUDENT." You may have the college/university send it, we can request it, or you may bring it in as long as it is in a sealed envelope with a SEAL on the flap AND it does not say "ISSUED TO STUDENT."

Pass and ID Hours of Operation: 0800 - 1200 on Saturdays of the UTA.

IEU open from 1200-1500 on Saturday of the main UTA.

Nomination packages for AMN, NCO, or SNCO of the quarter are submitted quarterly. Packages are due by 1400, on Saturday of the UTA after the end of the quarter. (Apr, Jul, Oct, Jan)

FY 2008 UTA SCHEDULE

03-04 Nov 07	
01-02 Dec 07	05-06 Jan 08
09-10 Feb 08	01-02 Mar 08
05-06 Apr 08	03-04 May 08
07-08 Jun 08	12-13 Jul 08
02-03 Aug 08	06-07 Sept 08

As of 30 October 2007

NOVEMBER TRAINING PLANNER

Fri, 2 November 2007

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th AACCS Conf Rm

Sat, 3 November 2007

Unit Designated Sign In Unit Designated
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0730-1600 MPF-See Page A3 for specific times
 0900-0930 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1043, Wing Trng Room
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1043, Wing Trng Room
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 4 November 2007

Unit Designated Sign In Unit Designated
 0930-1600 MPF-See Page A3 for specific times
 0730-0800 Protestant Chapel Service 513th ACG Auditorium
 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Unit Safty Rep Tng Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300. by appt. CDC Testing
 1300-1600 First Duty Station
1300 SORTS/Post UTA Mtg
 1400-1500 IG period w/Capt. Vardaro
Unit Designated Sign Out Unit Designated

Fri, 30 November 2007

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th AACCS Conf Rm

Sat, 1 December 2007

Unit Designated Sign In Unit Designated
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0730-1600 MPF-See Page A3 for specific times
 0900-0930 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1043, Wing Trng Room
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1043, Wing Trng Room
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 2 December 2007

Unit Designated Sign In Unit Designated
 0930-1600 MPF-See Page A3 for specific times
 0730-0800 Protestant Chapel Service 513th ACG Auditorium
 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Haz Comm - Supr Training Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300. by appt. CDC Testing
 1300-1600 First Duty Station
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro
Unit Designated Sign Out Unit Designated

OCCUPATIONAL SURVEYS

These surveys provide information essential for developing personnel programs, classifying occupations, and developing training programs. The Wing Survey Control Monitor (SCM) works with the Unit Training Manager (UTM) to ensure surveys are completed. AFI 36-2623, paragraph 2.7 makes completion of these surveys mandatory for all Air Force Reserve members. It is extremely important these surveys are completed by the suspense date. If you have any questions, contact Ms. Kim Silkwood or Tech Sgt. Jeremy Hudson at 734-7075 or your UTM.

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted **monthly** in **Bldg 1043, Wing Training Room in basement. Unit/Ancillary Training Managers are responsible for ensuring their new personnel are scheduled to attend** within 90 days of their first UTA. If you have questions, contact the MPF Education & Training Office at **734-7075**.

Day	Time	Subject	OPR
Saturday	1315-1430	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1430-1500	Local Conditions/ORM	SE
Saturday	1500-1530	OPSEC Training	OG

Day	Time	Subject	OPR
Sunday	0800-0815	Base Populace	CEX
Sunday	0815-0830	IG Briefing	IG
Sunday	0830-1000	UCMJ/Ethics	JA
Sunday	1000-1030	Counter Intel/Awareness	SF
Sunday	1030-1100	Human Relations	ME

UCMJ Briefing:

All enlisted personnel are required to have the UCMJ briefing within two UTAs of their first reenlistment. This briefing is held during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Ethics Briefing:

All reserve personnel are required to have the DOD Ethics Briefing within 90 days of reporting for duty. This briefing is held in conjunction with the UCMJ briefing during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Disaster Preparedness:

Unit Training Managers must schedule Chemical Warfare Training, by name, at least one UTA prior to the requested dates by calling CEX at 734-5249. All personnel must bring a complete training ground crew ensemble (GCE) including the mask and its hood to all classes. Those attending Initial must be prepared to process through a tear agent chamber. Wear of contacts is prohibited in all classes. Anyone arriving late, without a complete GCE with mask, or wearing contacts, will be released back to their unit and reported as a no-show.

Drug Testing: You must report within two hours of notification.

Military Pay

File for pay by:	Receive Direct Deposit by:
30 Oct	07 Nov
01 Nov	09 Nov
05 Nov	13 Nov
07 Nov	15 Nov
13 Nov	21 Nov
15 Nov	23 Nov
19 Nov	30 Nov
27 Nov	05 Dec
29 Nov	07 Dec

Military Pay (405) 734-5016

New MPF Hours

Saturday UTA

Open at 0730 - 1600, except for following closures:
1300-1330 - Employments/Relocations
1400-1430 - Career Enhancements
1500-1530 - Customer Service

Sunday UTA

Open at 0930 - 1500
1500-1600 - only providing ID card assistance

BAQ Recertification Deadlines

If Last Digit of SSAN is:	Then Forward Listing to Unit Commander in:	Recertification due in month in:
1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

If you need assistance or have suggestions on how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Building 1043, Room 213.

Editor:	Chief Master Sgt. Sharlotte A. Epps, Chief, Education & Training (ART)
Assistant Editor:	Master Sgt. Sharon Lochman, Asst. Chief, Education & Training (ART)
Contributing Editors:	Tech. Sgt. Jimmy Talley, Education and Training Advisor Tech. Sgt. Jeremy Hudson, Education and Training Advisor (ART) Staff Sgt. Stacy Morton, Education and Training Advisor Senior Airman Elvira Munoz, Education and Training Advisor Ms. Kimberley Silkwood, Testing and Education Advisor (Civilian)

DeVaughn looks back on years spent in military

Editor's Note: The following questions were asked of Senior Master Sgt. LaTina DeVaughn as she prepared for retirement.

1. When is your retirement date? The effective date was Oct. 31, 2007, but a ceremony was held during the October UTA.

2. When did you enter the military? I joined Sept. 24, 1984, but I actually went into basic training on Feb. 5, 1985.

3. Explain what lead you to join the military? My family has a military background. My Father was in the Army for six years. My oldest brother went into the Navy right after graduating high school. I knew I wanted to serve my country simply because of both my father and brother doing so. I weighed my options and decided to wait two years. During that time, I attended a two-year college and earned an associate's degree. After graduating, I talked to a recruiter and joined the Air Force. That was the beginning of my independence and my military career. I haven't had any regrets. What goals did you set for yourself? I wanted to earn my Bachelor's degree, live abroad for at least four years, have a loving family, and be in a job I enjoyed doing.



4. How many total years do you have in the military? 23

5. How many of those were active duty? 10

6. How many years have you been with the

507th? 9

7. What is your current military job title? Chief, Combat Support Section and Career Advisor, 35th Combat Communications Squadron.

8. What goals/tasks did you set for your self coming into this position? Since I came over as a code A personnel and supply was really a one-deep position, I really wanted to assist where needed, improve and/or develop supply procedures, manage people so they felt like they had a voice, and let my Commander know I was working for him in every aspect of the way.

9. Who is your current supervisor? Lt. Col. Roy Peterson

10. Describe the various military jobs you've held over the years. Transportation Superintendent in the Distribution section of Combat Logistics Support Section (CLSS), Career Advisor for CLSS and for the 35th CBCS, Individual Mobilization

Augmentee (IMA) program from July 1995-September 1998 with the 72nd Air Base Wing (AFMC), NCOIC of the Aircraft Parts Store, NCOIC of the Combat Supply System section, NCOIC Mission Support, and NCOIC of Equipment Management, 32nd Field Training Squadron, FTD 526 (AETC).

11. What lead you into these jobs? Promotions, PCS, minimum manning, and being selected.

12. What are you going to miss the most about the 507th ARW? The family-oriented atmosphere. I love how the people in the Wing reach out to one another. I also enjoy the fact that we know how to have fun when we have down time in the Wing, i.e., Family Day or Operation Holiday Spirit. The overall generosity will be missed as well. Your Unit? The outstanding Airmen and first-term NCOs in the squadron. We really have some hard-working people in the squadron that look out for our troops, which is a must in today's Air Force. Our Airmen must have a sense of belonging, being taken care of, and of feeling supported. With those securities in place from us (supervisors), they can and will do anything.

13. If you could do one portion of your career over again what would it be? I wouldn't change a thing. I've enjoyed the experience and I truly believe my life took the path it has for reason. I just let go and let God.

14. Who is the most memorable military character during your career? Col. Stayce D. Harris. She was the Vice-Commander of 507th ARW and now serves as the Commander of the 459th ARW, Andersen AFB, MD. Why? When she was Vice, I saw her in the Wing all the time. I mean she got out and mingled with the personnel and that made a difference. Every time I saw her on duty or off, she was smiling. Whenever I stopped her to talk with her, she made the time and also gave great advice. Colonel Harris is a role model for me as well. She has a long list of accomplishments; yet, you'd never know them unless you read her biography. I once picked up a Jet magazine and read about her in there! On the night I won the Billy Hughes award, she was sitting at my table with my daughter and when the winner was announced she gave my daughter a big hug. She told me that night she was proud of me and told my daughter to be proud of me as well. I will never forget that moment. Colonel Harris is the most memorable military character to me because she represents motivation, steadfastness, and success.

15. What advice could you offer to the younger Airmen? Never give up on your goals and dreams. You are somebody and your opinions matter. Speak up and be heard.

16. What are your retirement plans (golfing, traveling, fishing etc.)? Spend more quality time with my 16-year-old daughter and to make use of my time share investment.

continued on page 7

DeVaughn looks back on years spent in military

16. What are your retirement plans (golfing, traveling, fishing etc.)? Spend more quality time with my 16-year-old daughter and to make use of my time share investment. I was very fortunate to have traveled to some very beautiful places throughout my military career. I now want to go and enjoy those same places in a leisurely fashion and let my daughter see some of the things I've seen.

17. Of those tasks completed, which one has the most impact on your life or the men and women you serve? I would easily say it was when I augmented for 45 days with Security Forces Squadron here at Tinker. Their personnel were deploying so frequently that it became a rotation so their manpower was minimum in every position and in every rank.

They put those of us who volunteered through a fast-paced training course and then assigned to shift. It was certainly an eye-opening experience for the mere fact that I had no idea what their jobs encompassed on a day-to-day basis. However, I soon learned because they rotated all augmented into various positions to give us insight to the various jobs. We did terrorist-threat scenarios to ensure all personnel knew how to respond properly. It was hard work, but understandably so. I met and worked with some awesome people and made some lasting friendships. Most of all I gained valuable knowledge about the career field and personnel that protect us and this installation. Better yet, I know how they do it and how much pride goes into as well.

18. Have you deployed before? No, I have not.

19. When you joined the military did you ever think you'd achieve the rank and position you've accomplished? Yes, I worked hard to attain my rank and I feel blessed to have achieved it.

20. How has your loved ones/family supported your military career? Wow, they have supported me in every essence of the word support. They have made the phone calls or have sent the greeting cards that brighten my day when I needed it the most. Whether it was taking care of my daughter during annual tours, TDYs, or late working hours, my family and very close friends have been my rock throughout my military career.



The 970th AACCS hosted their 2nd annual Halloween party for Child Care Center trick-or-treaters on October 26th. Unit members decorated offices and dressed up in costumes as they entertained the children.

USAF Photo by Lt. Col. Richard Curry

Employers get a closer look at Guard/Reserve mission

by Senior Airman Zach Anderson
507th Air Refueling Wing

It's been said that serving as a member of the Air Force Reserve or Air National Guard is a practice of constantly balancing an array of responsibilities. Reservists and guardsmen are constantly juggling the responsibilities of home life, civilian employment and military obligations. While the balancing act is a well-known and accepted fact of life for those who serve, it is sometimes difficult for those outside the military realm to fully appreciate the commitment required to serve as both a civilian employee and member of the military. In fact, sometimes it's difficult to even understand why reservists and guardsmen make the commitment to balance those responsibilities. Sometimes, the best way to gain that appreciation is to see first-hand exactly what serving is really all about.

On Oct. 24, a group of 24 civilian employers of members of the 507th Air Refueling Wing, 513th Air Control Group and 137th Air Refueling Wing accom-

panied reservists and guardsmen on a flight to Offutt Air Force Base, NE. The employers were given a briefing from commanders prior to receiving a tour of U.S. Strategic Command. On the return flight to Tinker, employers had the opportunity to witness two separate aerial refuelings of a B-52 Stratofortress and an E-6 Mercury. The intent of the mission was to allow civilian employers a glimpse into the military side of the life of a reservist or guardsmen...and it definitely accomplished the mission.

"It was great. I got to see firsthand what they are doing when they are not on the job," said Jim Dooley, a flight chief with the 558 CVSS. "It gave me a greater appreciation for the sacrifices they are making and how awesome the Air Force is, whether it is the Air Force Reserve or Air National Guard."

"I can see that this is a very important job for them," said Larry Hopkins of Hopkins Electronics. "From what we were able to see from the planes, you can see how important each person's job is."

"It was very interesting. It's so important for the security of our nation. For the reservists and guardsmen to perform this job is needed, and they do a great job. I have a greater appreciation for that," said Jerry Zamora, chief of supply chain management for the B-2.

"The whole trip was outstanding," said Col. Jeff Glass, commander of the 507th ARW. "It worked out well with all we were able to do in one day. And it went a long way to let employers know what their employees do."



Larry Hopkins, Hopkins Electric, was able to watch his son in action as he refueled other aircraft on the flight.

The mission also served as a way to help with the integration of the newly combined missions of the 507th reserve wing and the 137th Air National Guard wing.

"We wanted to include our Air National Guard associate partners in this to help bond our new relationship," said Lt. Col. Rich Curry, Public Affairs Officer for the 507th ARW.

While the trip did help employers garner a new appreciation for reservists and guardsmen, they had plenty of fun during the day as well.

"It was fantastic. Just mind boggling. It was so hands-on! I thought we would be restricted to doing very little, but everything was wide open to us, like walking into the cockpit, just everything!," said Hopkins.

And through that hands-on experience, employers were able to catch a glimpse of a day in the life of a reservist or guardsman...and perhaps get a chance to understand exactly what that well-known balancing act is all about.



Tech. Sgt. Justin Hopkins, boom operator, works his magic during a refueling segment of the trip. Hopkins, a former crew chief for 15 years before crosstraining in 2005, works as an electrician for his dad.

Food for Fit to Fight battle

by Senior Airman Zach Anderson
507th ARW Public Affairs

The battle to stay Fit to Fight is one that is fought on two fronts. On one side is basic physical activity, exercise, working out and burning calories. It's this side of the battle that typically receives the most attention. It's reasonable to assume that by burning off enough calories at the gym, an individual will be able to meet his or her Fit to Fight goals. Yet according to experts, the calories being taken in are just as important as those being burned off. In other words, you have to eat healthy in order to be healthy.

"It might be lofty to say that your overall life will improve, but it is pretty close. You will have more energy and focus. You will feel better overall, and your risk of chronic disease is greatly decreased," said Tiffany Schlinke, Dietetic Internship Director at the University of Central Oklahoma.

Schlinke is a registered dietitian and holds a bachelor's degree of Clinical Dietetics and a master's degree in Nutritional Sciences. She said reaping the rewards of a healthy diet is really as simple as making the right choices.

"Basically, the closer to the farm the better. Whole grains like whole wheat bread are better than the white refined breads. Whole fruit provides fiber that the juice can't give you. Choose lean meats like those with 'round' or 'loin' in the name. The lower the fat in the dairy products you get the better. Choose only low-fat cooking methods like grilled, broiled and baked. Cooking in fat, like frying, only adds fat

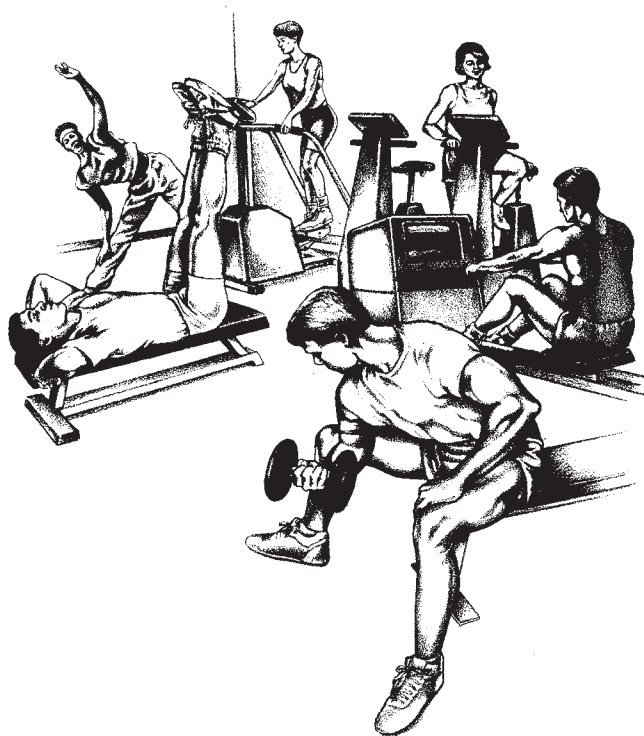
and calories to an otherwise good choice," said Schlinke.

Schlinke said there are also some items to avoid when filling up your plate.

"Saturated and trans fats should be avoided as much as possible as they have been linked to many adverse health conditions. Also, simple sugars like sweets and pop have no nutritional value and just give you empty calories," said Schlinke.

When it comes to weight loss, Schlinke said it's best to steer clear of "fad diets" and instead opt for a healthier method of obtaining a desired weight.

"One should ideally maintain or lose weight by eating a variety of foods to get all the nutrients and simply cut back on serving sizes. Cutting out 500 calories per day leads to a one-pound weight loss per week. This can be as easy as



leaving a few bites on your plate and walking around more," said Schlinke.

Schlinke also had some advice on how to maintain a healthy diet even when eating at a restaurant.

"Request dressings on the side so you can control the amount used, ask for things to be prepared without added fat, have the waiter remove the bread basket if this is a danger zone for you, ask for a take-out container when your meal is delivered and put half of your food in it right away for an almost mindless way to decrease portion size," said Schlinke.

Schlinke said that many times, just making small changes to eating habits can have a large impact on overall health.

"Any time you can substitute a healthy choice for an unhealthy one you are doing good," said Schlinke. "I know of many, many cases where people did something as easy as drinking a diet pop in place of their regular pop and lost a significant amount of weight."

Schlinke said that the basic concept to remember when making healthy choices is the simple concept of balance and moderation.

"People should eat a variety of different foods from all food groups and not overdo it on any one thing," said Schlinke.

Schlinke said it's important to remember that making changes to eating habits isn't easy and that the results of those habits won't come overnight.

"Keep up the good work. Don't let a 'bad day' make you throw in the towel. It takes time to create healthy eating habits and each time you make a good choice you are one step closer," said Schlinke.

By making healthy choices about diet, Air Force members can be sure that the time spent at the dinner table is paying off just as much as the time spent at the gym.

America's oldest combat medal returns home after more than 225 years

The National Purple Heart Hall of Honor opened in November 2006 on the New Windsor Cantonment State Historic Site in New York.

This sacred ground was first used by Gen. George Washington's Army toward the end of the Revolutionary War and is where Washington and his officers first awarded the Badge of Military Merit, a small purple cloth that became the model for the Purple Heart.

In 1782, at his headquarters in Newburgh, New York, George Washington created the Badge of Military Merit to be given to enlisted men and noncommissioned officers for meritorious action. It became known as the Purple Heart because of the figure of a heart in purple cloth or silk edged with narrow lace or binding and was affixed to the uniform coat over the left breast. In 1932, the Badge of Military Merit was redesignated by General Douglas MacArthur the Purple Heart to be awarded to persons killed or wounded in action against an enemy of the United States.

Today this site is home to over 12,000 stories honoring extraordinary sacrifices made for this nation. Weekly hundreds of stories from World War II, Korea, Vietnam, Iraq, Afghanistan and other conflicts pour in bridging generational sacrifice.

The National Purple Heart Hall of Honor is the first in the nation to recognize Americans wounded or killed in action while serving in the United States military, and is the nation's sole museum dedicated to the preservation of these stories of sacrifice.

The 7,500-square-foot facility hall includes an interactive computer bank of Purple Heart recipients, theaters where veterans' stories can be shared, as well as images and personal artifacts that will bring veterans stories alive.

The Hall of Honor serves all Americans and inspires people around the world to learn more about these men and women and to give thanks to those who gave so much to keep the dream of freedom, liberty, and equality alive for all.

The Hall of Honor is open 10 a.m. to 5 p.m. Wednesdays through Saturdays and Mondays and from 1 to 5 p.m. Sundays year round.

Families wanting more information or wanting to share the story of a Purple Heart recipient, contact the National Purple Heart Hall of Honor, New Windsor Cantonment State Historic Site, P.O. Box 207 (374 Temple Hill Road), Vails Gate, New York 12584-0207, telephone 877-28-HONOR or 845-561-1765, or fax 845-561-6577.

Bostwick recalls the terrorist attack on Khobar Towers

**By Capt. Bill Pierce
507th ARW Public Affairs**

American sacrifice has many faces and many stories. It knows no age limit and it is not limited to certain ranks or gender. American sacrifice is not seasonal nor is it only in times of war. It is not only for the old or the young.

It is however what keeps this country free. It is felt by communities. Family and friends mourn it. Generations are inspired by it and this country is free because of it.

One such face of sacrifice is 507th Civil Engineering Squadron member Tech. Sgt. Daniel Dale Bostwick. Sergeant Bostwick received the Purple Heart medal for injuries sustained in a terrorist attack on the Khobar Towers housing complex in Dhahran, Saudi Arabia on June 25, 1996.

Then Airman First Class, Bostwick was a member of the 4404 Security Forces

Squadron. On that day a truck bomb exploded 80 feet from the towers killing 19 airmen and wounding 500 others, one of them being Airman Bostwick.

According to Bostwick it was a normal day. "I was at the services morale building," said Bostwick. "I was heading to the top of the finance building to provide perimeter security."

Injured Airman Bostwick was transported to the hospital. His injuries came less than two weeks after his 21st birthday and less than two years of enlisting in the military.

The sacrifices made by Bostwick and his fellow Airmen helped reshaped Department of Defense policies. Then Defense Secretary William Perry said, "We now know that we face an unprecedented threat," speaking of the terrorism attack. DOD relocated its forces overseas, restructured its command structure and re-focused its focus on force protection.



Tech. Sgt. Daniel Bostwick holds photographs of himself in 1996 when he was presented the Purple Heart.

As a result of this sacrifice some of these policy changes are still in place protecting Americans today all over the world.

Purple Heart



Capt. Bill Pierce, 507th ARW Public Affairs. Pierce's father P1C Alan Pierce was awarded the Purple Heart Sept. 9, 1967.



Capt. Bob Atkins, executive officer, 507th ARW. Atkin's father was awarded the Purple Heart for injuries sustained during his tour to Vietnam.



Senior Airman Amanda Kline, aerospace medical technician, 507th Medical Squadron. "I joined the Air Force because of my Great Uncle Lee who was a medic in the Army Air Corp during WWII. He was one of the three survivors from his unit on the Beaches of Normandy. Uncle Lee was awarded the Purple Heart for his injuries and the Silver Star for his bravery twice. Uncle Lee recently died but he is with me on every run I make as a medic and I know he is smiling down on me right now."



Donald F. Lochtrog, grandfather to Senior Airman Lily Rollins, 507th AMXS, received a Purple Heart on Feb. 28, 1945. He was in the U.S. Army in World War II, assigned to the 273rd Infantry Division in the European Theater of Operations when he was shot in the shoulder while in Belgium. Private First Class Lochtrog carried a bazooka.



Capt. Frank Monaco, commander of the 507th MOF. Monaco's father Chief Petty Officer Frank Monaco (USN Ret.) was awarded the Purple Heart for injuries sustained during one of his four tours to Vietnam.

Nominate supportive employers for 2008 Secretary of Defense Freedom Award

ARLINGTON, Va. – The Department of Defense will open the nomination season for the 2008 Secretary of Defense Employer Support Freedom Award on November 1, 2007. National Guard and Reserve members and their families are eligible and encouraged to nominate employers who have gone above and beyond in their support of military employees. Nominations will be accepted at www.esgr.mil from November 1, 2007 to January 21, 2008. The Secretary of Defense Employer Support Freedom Award is the U.S. government's highest recognition given to outstanding employers.

The 2008 recipients will be announced in the spring and honored in Washington, D.C. at the 13th annual Secretary of Defense Employer Support Freedom Award ceremony on September 18, 2008. Recipients of the 2007 Freedom Award met with President George W. Bush, Vice President Richard Cheney and Secretary of Defense Robert Gates; Vice Chairman of the Joints Chiefs of Staff Gen. James Cartwright presented the awards at a ceremony attended by members of Congress and senior military officials.

Almost one-half of the U.S. military is comprised of the National Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers,

many of whom provide significant support to their employees who serve in the National Guard and Reserve. Past recipients of the Freedom Award have provided full salary, continuation of benefits, care packages and even home and lawn care to families of employees fulfilling their military obligation.

The Freedom Award was instituted in 1996 under the auspices of the National Committee for Employer Support of the Guard and Reserve (ESGR) to recognize exceptional support from the employer community.

ESGR is a Department of Defense agency established in 1972. Its mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law, and resolving conflicts through informal mediation.

Previous Freedom Award recipients have included such large businesses as General Motors, Starbucks, Home Depot, Wal-Mart, Sears, General Electric, DuPont, and United Parcel Service; state and local governments, including the State of Tennessee and the Commonwealth of Massachusetts; and small businesses including the family owned Augustine & Sons farm in Rose Hill, IA.

For questions regarding the nomination process, please contact Commander Craig Kujawa at 703.696.1386 x 514.

On-final

R-News

Category winners for the 10 AF Maintenance Effectiveness Awards

MEA - Small Aircraft Maintenance - 513th ACG

Col Clifford Smith, 10th AF, said: "My thanks and congrats to the award winners, and to all that chose to submit packages. 10th AF MXG accomplishments this year were phenomenal across the board, you and your troops made it happen! Keep up the diligence to: follow tech data, provide hands-on training, operate in a safe and deliberate manner. You are doing great things!

Lt. Col. Dale Andrews said: This past year has been ablaze with TDYs, ADSW efforts, AEF support and a plethora of other activities. All aspects of the maintenance community to include T/Rs, ARTs, civilians (FM/MPF/AFETS) share in this award. Ops also can take a bow since they helped coordinate off-station effort when we were broke. In addition the award also highlights our efforts with the active duty. Col. Keith Frede, 552nd MXG/CC, and the men and woman of the 552 MXG have been instrumental in our success. Without their involvement we would have failed long ago. Therefore I see this award as recognition for the support we receive from the 552 MXG and a win/win for the "Associate" program.

507th ARW recruiters

<http://get1now.us>



Tinker AFB, OK

(In-Service Recruiter)
Master Sgt. Gene Higgins
(405) 739-2980

Moore, Norman, OK

Master Sgt. Michael Comfort
(405) 217-8311

Midwest City, OK

Tech. Sgt. Neil Lambrecht (405)
732-6279

Tulsa, OK

Master Sgt. Monica Flowers
(918) 250-3400

Lawton, OK

Master. Sgt. Ronald Gregory
(580) 357-2784

McConnell AFB, KS

Sr. Master Sgt. David McCormick
(316) 759-3830
Master Sgt. Stephan Kimbrough
(In-Service Recruiter)
(316) 759-3766

Vance AFB, OK

Master Sgt. Stephan Kimbrough
(316) 759-3766